

# Cuban Sandwich

## Ingredients

- 3-7/8 tsp yellow mustard
- 1 tsp black pepper
- 1/4 tsp cumin
- 2-1/4 oz shredded pork
- 3-1/4 oz ham, 97% fat free
- 2 oz swiss cheese, low sodium
- 1/4 cup pickle relish
- 4 whole-grain 2 oz bread buns

## Notes

**Number of Portions:** 4

**Serving Size:** 1 each

**Nutrition Facts:** 236 calories,  
7.36 g fat, 3.31 g saturated fat,  
636 mg sodium, 32.4 g  
carbohydrate, 3.79 g fiber, 2.9 g  
sugar, 14.4 g protein

## Directions

1. In a 12 x 20 inch pan, mix together mustard, pepper, and cumin. Stir in shredded pork. Cover with foil and bake in a 350°F for 25 minutes (may need to thin mixture with water prior to pouring over pork).
2. To assemble the sandwiches, place 1 slice of ham, 2 slices of swiss cheese, 1 oz of pork, and 2 pickles on bun.
3. Place sandwiches on 18 x 13 inch tray, cover, and bake in 350°F oven for 10-15 minutes.